



40 Maple Street
P.O. Box 187
Ellington, CT 06029

Hours:

Mondays:
8:30am-6:00pm

Tuesdays:
8:30am-4:00pm

Wednesdays:
8:30am-4:00pm

Thursdays:
8:30am-4:00pm

Fridays:
8:30am-1:30pm

Main Line:
860-870-3133

Transportation Line:
860-870-3137

Meet Our Staff:

Director:
Erin R. Graziani

Assistant Director:
Samantha "Sam" Baer

Administrative Secretary:
Alisha Goss

Bookkeeper:
Sue Maheux

Drivers:
Ken McCarthy
Jeanne Magurany
Mark Balkan

Transportation Secretary:
Jasbir Jutla

Kitchen Manager:
Claire Rich (Seasonal)

Newsletter Volunteers:
Anna Hyde
Judy Varney
Janet Wieliczka

Maple Street Monthly

Ellington Senior Center Newsletter

Visit us online: <http://seniorcenter.ellington-ct.gov>

March
2020

Greetings,

How do you like the new look of the interior? We thank the Public Works department, especially Keith and Patrick, who were here most of the days. We appreciate everyone's part to help enhance the Senior Center.

Make sure you check out the Maple Street Café menu! Claire Rich, Kitchen Manager, and the team of volunteers assisting her are doing a wonderful job. Scrumptious lunches are available on Tuesday and Wednesdays from 11:00 am - 12:30 pm.

Happy St. Patrick's Day! Look inside the newsletter for details.

Just think, we are getting closer to Spring!

Sincerely,

Erin R. Graziani,
Senior Center Director

Like us on
Facebook!



GUY TALK:

Men & Mental Health:
Breaking the Silence

Wednesday, March 4
1:00 pm - 12:30 pm
See Inside for Details

Hartford
HealthCare
Tallwood Men's Health

TED TALKS
IDEAS WORTH SPREADING

Have you seen a TED Talk? They are short, powerful videos on a variety of topics. Challenge your mind and see something from a new perspective. Stop in and join us. See schedule inside.

Celebrate
St. Patrick's Day
Thursday,
March 12

See Inside for Details

Membership

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current **Annual Registration** on file. Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration.

We ask that you sign in using your "My Senior Center" card for each program you attend.

OUR MISSION:

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational, and healthy activities and programs.

SPECIAL EVENTS

GUY TALK:

**Men & Mental Health:
Breaking the Silence**

Wednesday, March 4, 1-2:30pm

- *Society's view of masculinity & how it affects men
- *How mental health impacts physical health
- *Knowing when to reach out for help



Presenter: Ila Sabino, PHD
Clinical Health Psychologist

**Hartford
HealthCare**
Tallwood Men's Health

Acrylics On Canvas

*A Painting Workshop
Instructed by: Sandy Poirier*



Wednesday,
March 11
1pm-3pm

Cost: \$10

Please see Alisha to pay in advance by 3/9.
Cost Includes instruction and all supplies.

TED TALKS IDEAS WORTH SPREADING

Join us for a brief video, followed by discussion.
All talks begin at 1:00 pm on the date listed.
Sign up in advance—walk-in's welcome!

<u>Date:</u>	<u>Topic:</u>	<u>Video Presenter:</u>
Tuesday, March 3	How to live to be 100+	Dan Buettner
Tuesday, March 10	How to stay calm when you know you'll be stressed	Daniel Levitin
Tuesday, March 17	Never, ever give up	Diana Nyad



Thursday, March 12



12:00pm Traditional Irish Dinner:
Corned Beef & Cabbage, Potatoes,
Carrots, Irish Soda Bread,
Dessert & Beverage

12:30pm Entertainment:
Irish Music by Liz McNicholl

Tickets in Advance by: 3/5
Residents: \$15
Non-Residents \$16

**MAY YOUR POCKETS BE
HEAVY AND YOUR HEART
BE LIGHT, MAY GOOD LUCK
PURSUE YOU EACH
MORNING AND NIGHT.**

- IRISH BLESSING

New Program:



Men's Fitness Class with
Instructor, Glenn Eberly

Check out the Health, Wellness & Fitness page
for more class details, including a free class being
offered on Tuesday, March 17! Sign up required.

History For Fun

With Joe Ouellette

Katharine Hepburn
"The Great Kate"

**Wednesday,
March 18
1:00 pm - Free**

Sign up in advance



Volunteers Meeting

Thursday, March 19
1:00 pm

Facilitated by: Erin Graziani, Director
All members are invited, encouraged, and welcome to participate in these meetings!

Cannabis 101
Tuesday, March 31
1:00 pm
Presented by:



What's the difference between medical marijuana, cannabis, and CBD?
Wonder what the buzz is all about?

Come get the facts.



Trained volunteers offer free in-person preparation and assistance. Stop in or call Alisha to schedule an appointment:
860-870-3133

Appointments will be made on Thursdays, February 6-April 9 between 9am-1pm.

SAVE THE DATES: SPRING PROGRAM INFORMATIONAL MEETINGS

Stop by on the following dates and times to learn more about these programs.

Walking Warriors

Wednesday, April 1 at 9am

Meet new people, get healthy, walk at your own pace, and get acknowledged for your efforts.

Happy Wanderers Hiking

Monday, April 6 at 9am

Join this fun group of people who hike an average of 2-3 miles twice monthly on local trails.

Garden Thyme

Tuesday, April 7 at 9:30 am

Volunteer in our veggie, herb, and perennial beds, and hear about plans for possible expansion!

Healthy Brain Series

This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. Tuesdays 4/14-5/12 at 1pm

Sponsored by North Central District Health Dept.

Hartford HealthCare 
Center for Healthy Aging
Connect to healthier.™

REGISTRATION & PAYMENTS

Several of the programs offered are free and members are welcome to attend on a walk-in basis. Some programs require pre-registration and will be stated as such in the description. Sign-up sheets for these programs will be located in the **Information Center**. Please ask the receptionist if you need help. Program registrations are accepted on a first come, first served basis, with preference given to Ellington residents. Please see the Administrative Secretary for programs requiring payment. Partial payments are not accepted unless otherwise specified.

IMPORTANT:

All payments for programs are non-refundable and make-up classes are not permitted unless the Senior Center cancels.

HEALTH, WELLNESS & FITNESS

The rates for our fee-based classes are listed below. If you need more information about any of the classes, please speak with one of the front desk volunteers or a staff member. See the calendar page for schedules.



Men's Fitness Classes

Instructor: Glenn Eberly, NASM Certified Personal Trainer
Tuesdays & Thursdays
9:00 am-9:45 am
4 week session (8 classes) March 19-April 14
Sign up in Advance - Class Max. 10
Residents \$24; Non-residents \$32



In this fitness class created just for men, the emphasis is on progressively building total body strength, improving balance, stability, and flexibility. The goal is to work towards a recommended healthy habit of 150 minutes of moderate exercise per week and muscle strengthening 2-5 days a week.

FREE TRIAL CLASS MARCH 17 AT 9:00 AM
Sign up in the Info Center to register for the free class.

Tai Chi for Arthritis & Fall Prevention



Instructor: Sam Baer
Residents: Free
Non-Residents: \$3
Mondays at 2:00 pm

Join Sam for a slow, gentle class, suitable for all, especially those with arthritis and issues with balance. Participate standing or in a chair. This Sun style class is evidence based and recommended by the CDC to be effective at preventing falls.



GENTLE YOGA

Fridays 9:00 am—10:00 am
Residents: Free
Non-Residents: \$3
Bring your own mat.
All levels welcome. Walk-in
Instructor: Sam Baer, RYT200



This class has been put on hold. If you are interested, please let us know at the front desk, and be sure to include what day and time works best for you, as well as your contact info.

CHAIR YOGA



Fridays 10:30 am -11:15 am
Residents: Free
Non-Residents: \$3
All levels welcome. Walk-in.
Instructor: Sam Baer, RYT200

Exercise with Linda Stein

Chair Exercise

Tuesdays & Thursdays
10:00 am-10:45 am
Residents \$4 Non-Residents \$5



Simple Circuit

Tuesdays & Thursdays
11:00 am-11:45 am
*Residents \$7 Non-Residents \$8. Bring a mat

CrosSculpting

Tuesdays & Thursdays
5:30 pm-6:30 pm
*Residents \$7 Non-Residents \$8. Bring a mat



All classes are offered on a walk-in basis.
Dress comfortably and bring a water bottle.
*See Instructor for session discount.

Podiatry Clinic

Wednesday, March 4
9:00 am-3:00 pm
Fee Applies.

For more info or to schedule an appointment call
Kathy Brennan at Pedicare: 860-202-3021.

Ask the Nurse



Tuesday, March 10
12:30 pm-2:00 pm
Do you have a question about a condition or illness?
Need info on a health topic? Need your blood pressure or blood sugar checked? Walk-in. Free

TRANSPORTATION

EMATS: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

TRANSPORTATION HOURS, SCHEDULING & FEES

Transportation Services are offered five days a week for social activities and medical appointments.

**Please call the Transportation
Line at 860-870-3137**

to request a "Transportation Packet" that provides you with the program's rules and regulations, or to make an appointment.

Normal hours for medical transportation are offered:

Monday – Thursday:
9:00 am-2:30 pm,

Fridays: 9:00 am-10:30 am.

The Annual Suggested Donation for Transportation is \$30.00.

A \$3.00 donation fee per round trip is suggested and appreciated.

***Got errands & need a ride?
We can help!***

SHOPPING

**Big Y &
Stop and Shop,
Every Friday**



We'll bring your groceries in.

My To-Do List

Date ☒ Item

☐ Senior Center

☐ Town Hall

☐ Library

☐ Doctor's Appointment

☐ Physical Therapy

☐ Grocery Store

☐ Bank

☐ Post Office

HISTORY

Transportation services began in 2001 for social programs.

In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA).
Funded in part, by the "Older American's Act."



If the Ellington Public Schools are closed (due to hazardous weather conditions) the Senior Center is also closed. No transportation will be provided.

THE MAPLE STREET CAFÉ



Join us for lunch - No Reservation Needed!

Tuesdays and Wednesdays

11:00 am - 12:30 pm



Choose from a variety of made-to-order options including soups, salads, sandwiches, and daily specials.

Suggested donations range from .50-\$5.00. Menu is subject to change.

MSC is partially funded by a grant received by North Central Area Agency on Aging, Inc.,
"Funded in part by the Older Americans Act".

Special of the Day: \$4. Varies daily. Limited quantities available.

First Come, First Served. Menu posted monthly.

Includes Beverage & Dessert.



Acceptable Forms of Payment for all Programs, Classes and Trips:
Cash or check, made payable to: SCAF (Senior Citizen's Activity Fund)

2020 TRIPS Flyers available in the Information Center & Online

DATE	DAY TRIPS	COST
Thursday, June 25, 2020	Thimble Islands Cruise & Chowder Pot Restaurant, Branford, CT	\$103
Sunday, July 19, 2020	Hudson River Cruise & Sunday Brunch at Shadows on the Hudson, Poughkeepsie, NY	\$112
Thursday, August 13, 2020	Saratoga Horse Races, Saratoga, NY	\$77
Tuesday, September 29, 2020	Oktoberfest at Gavin's Resort in the Catskills	\$105
Friday, October 16, 2020	Turkey Train Winnepesaukee Railroad, NH	\$113
OVERNIGHT TRIPS & CRUISES ***Call Friendship Tours to book this trip: 1-800-243-1630		
September 14, 2020- September 16, 2020	Conway, NH, Overnight includes: Transportation and lodging, Castle in the Clouds, Mt. Washington Cog Railroad, Lake Winnepesaukee Turkey Train.	Starts at \$509
November 5, 2020 - November 15, 2020 ***CRUISE	Escorted 7 night Hawaiian Islands Cruise on NCL's Pride of America. Includes roundtrip transportation, accommodations, and sightseeing. Honolulu, Oahu; Kahului, Maui; Hilo, HI; Kona, HI; Nawiliwili, Kauai, USS Arizona Memorial & USS Battleship Missouri, and more!	Starts at \$4999
November 10, 2020- November 12, 2020	Lancaster, PA Overnight includes: Transportation and lodging, "Queen Esther" at Sight & Sound Theatre, Amish Countryside Tour, Miller's Smorgasbord, and "A Playhouse Christmas".	Starts at \$555

TRIP POLICIES

DAY TRIPS: Payment is due in full upon signup.

OVERNIGHT: Deposit is due upon sign-up. Each trip flyer indicates when full payment must be made.

Flyers will be posted in the Information Center and on our website as they become available.

Sign up is available as soon as the trips are posted. Early sign up is recommended.

For more information, or to sign up for a trip, see our Administrative Secretary, Alisha.

All trips are subject to change and are non-refundable unless the Senior Center cancels.

Acceptable forms of payment for all trips: Cash or check made payable to:

SCAF (Senior Citizen's Activity Fund); Credit cards may be accepted for cruises.

Copies of the Handbook & Operating Procedures for Senior Center Programs, forms, and detailed/updated information on all programs, special events, trips, and volunteer opportunities can all be found in the Information Center and online at: <http://seniorcenter.ellington-ct.gov>